



*"People
helping people
help
themselves"*

Mitchell E. Daniels, Jr., Governor
State of Indiana

Division of Disability and Rehabilitative Services

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To: Consumers, providers and stakeholders who support individuals with disabilities

From: Peter Bisbecos, DDRS Director
Cindy Speer, Director, Outreach Services of Indiana

Date: October 13, 2009

Re: **Recommendations for people with disabilities regarding the H1N1 virus:
Focus on protecting individuals risk**

The following information is an awareness message from the Division of Disability and Rehabilitative Services (DDRS) and Outreach Services to individuals with disabilities and their caregivers regarding the flu virus known as H1N1, also sometimes called the "Swine Flu". Much information has been released from the government and news media about seasonal flu and H1N1. Our goal is not to provide new information, but to provide recommendations and resources for those we serve who may be at high risk.

Although the risk of death from H1N1 is not as high as once feared, the virus can pose a serious health threat for individuals with certain health conditions or immune deficiencies. In addition, the Centers for Disease Control and Prevention (CDC) list pregnant women and individuals who reside in nursing homes and chronic-care facilities as high risk. People with such conditions should follow all directions given by public health officials to avoid contracting the H1N1 virus. This includes avoiding contact with people who may have flu-like symptoms, frequent hand washing, and covering your mouth and nose when sneezing.

Please see the attached REMINDER from Outreach Services, [H1N1 Flu Virus and Persons with Intellectual/Developmental Disabilities - Special Considerations](#), for specific measures to consider for persons with developmental disabilities and staff during this flu season. In addition, we have included links to web-based resources to provide you with more complete information on symptoms, prevention, flu shot, and other recommendations regarding the H1N1 virus.



Web-Based Flu and H1N1 Resources:

- State of Indiana: <http://www.IN.gov/flu>
- Indiana Department of Health (ISDH): <http://www.IN.gov/isdh/22104.htm>
- Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/flu/>
- Indiana State Department of Health publication on About Special Kids website: <http://www.aboutspecialkids.org/publications/H1N1-Fact-Sheet.pdf>
- Resources and Materials on State DD Agency Influenza Preparedness from the National Association of State Directors of Developmental Disabilities Services (NASDDS): <http://www.nasdds.org/PanFlu/index.shtml>

Outreach Services Resources:

In addition to the attached Reminder on the Flu and H1N1, Outreach Services regularly posts online Fact Sheets and Reminders on a variety of topics important to individuals with disabilities and their caregivers. For more information about Outreach, contact us at one of the following resources:

- E-mail: Outreach@fssa.IN.gov
- Phone (Toll Free Indiana): 1-866-429-5290
- Outreach Website: <http://DDRSOutreach.IN.gov>

DDRS Resources:

We will continue to communicate important information by posting it on our website and sending updates through our DDRS Bulletin Archive. Your feedback is very important to helping us develop support materials that best meet your needs. Please send your ideas, concerns, and suggestions through the following resources:

- E-mail: DDRSHelp@fssa.IN.gov
- Phone (Toll Free Indiana): 1-800-545-7763
- Website: www.ddrs.IN.gov
- Bulletin Archive: <http://www.IN.gov/fssa/ddrs/3350.htm>

Thank you.